# Headquarters U. S. Air Force

***Integrity - Service - Excellence***

# Air Force Suicide Prevention Program Jan 02- Dec 02

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**1 January 2003**

**Lt Col Rick L. Campise**

**Chief, Air Force Suicide Prevention Program**

# How We Were Doing

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- **Calendar Year Annual Average**
  - **1985 to 1990** **71.0 deaths**
    **12.2/100K**
  - **1991 to 1996** **60.7 deaths**
    **14.1/100K**

# History

- Program Initiated in 1996 by AF/CV
- 75 Member Suicide Integrated Product Team
- 11 Initiatives (AFPAM 44-160)
  - Leadership Involvement
  - Suicide Prevention in PME
  - Commanders as Gatekeepers
  - Community Prevention Services
  - Annual Suicide Prevention Training
  - Investigative Interview Hand-Off Policy
  - Critical Incident Stress Management (AFI 44-153)
  - Created IDS, energized CAIB
  - Established Limited Patient-Psychotherapist Privilege (AFI 44-109)
  - Behavioral Health Survey
  - Epidemiological Database & Surveillance System

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# Goals

- **Reduce** active duty Air Force suicides
- Advocate a **community** approach to suicide prevention
- Provide **assistance** and guidance to organizations and individuals administering various components of the Air Force Suicide Prevention Program
- Identify **factors** contributing to suicide and develop a response to reduce the impact of such factors

# How We Are Doing

- **Where we were: CY Annual Average**
  - **1985 to 1990 71.0 deaths 12.2/100K**
  - **1991 to 1996 60.7 deaths 14.1/100K**
- **Where we are: CY Annual Average**
  - **1997 to 2002 32.3 deaths 9.1/100K**
  - **Program fully implemented in 1997**
- **Most recent data: CY Annual Average**
  - **2002 29.0 deaths 8.3/100K**
  - **2nd lowest in 20 years**

# Results If We Did Not Change

- **Rates**
  - **1991 to 1996 14.1/100K 302 Lives Lost**
  - **1997 to 2002 9.1/100K 194 Lives Lost**
- **Lives saved by decreasing suicide rate**
  - **108 Airmen**
  - **Fathers/mothers, brothers/sisters, husbands/wives, sons/daughters, friends,**
  - **Supervisors/co-workers**
  - **Flyers, maintenance, security forces, support, services, medical/dental, legal, intelligence, etc.**

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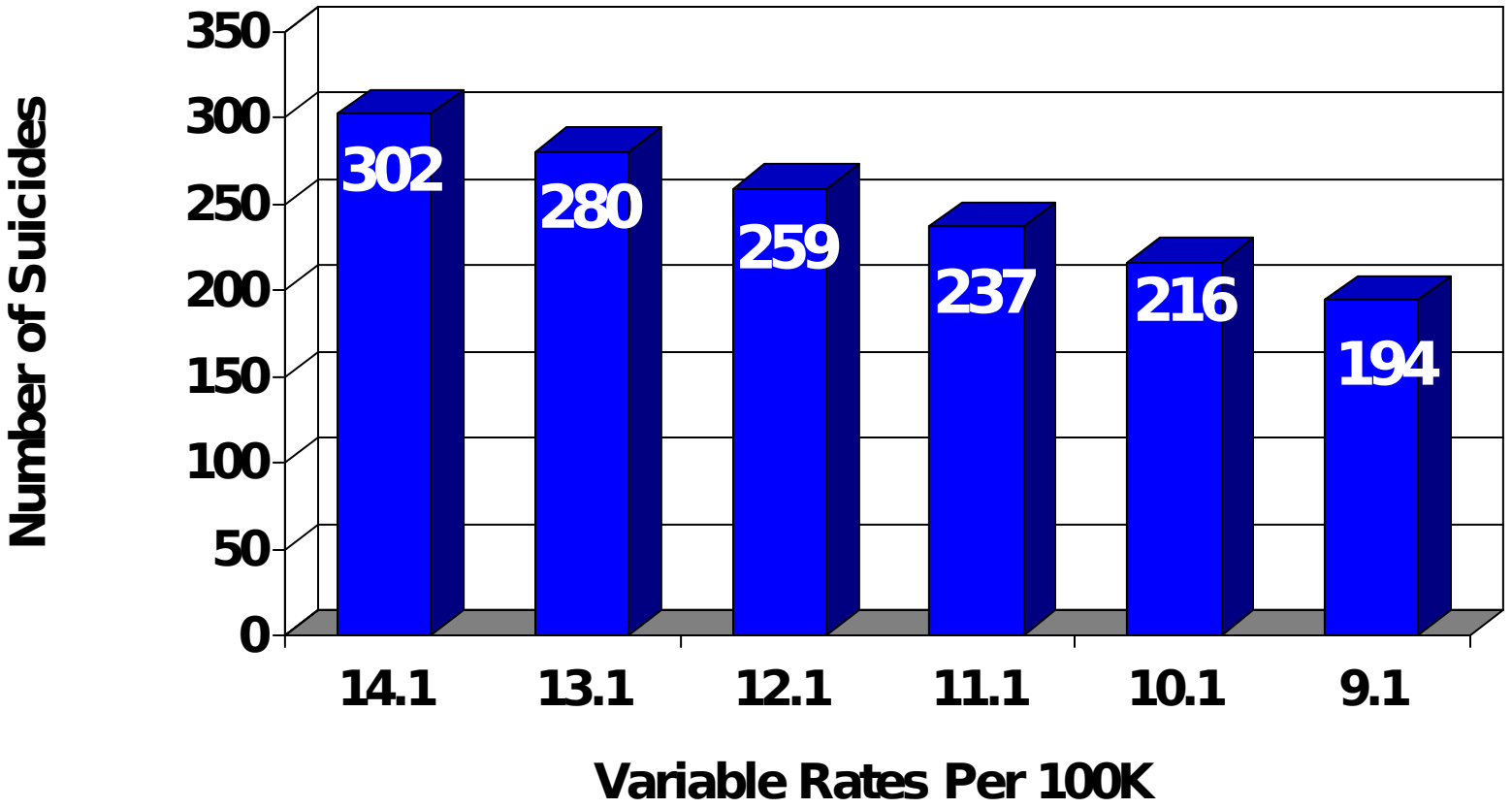
# Results if We Did Not Change



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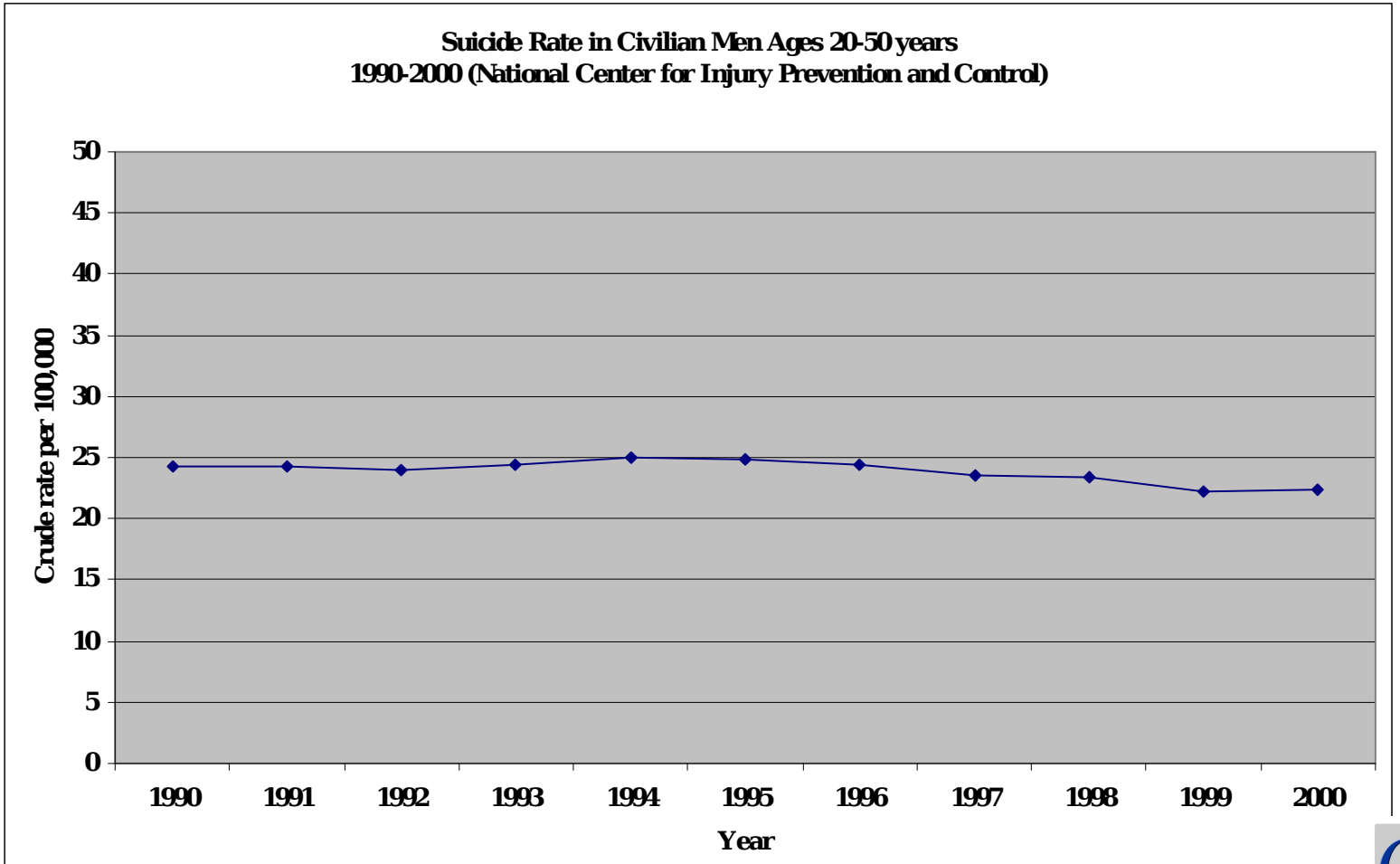
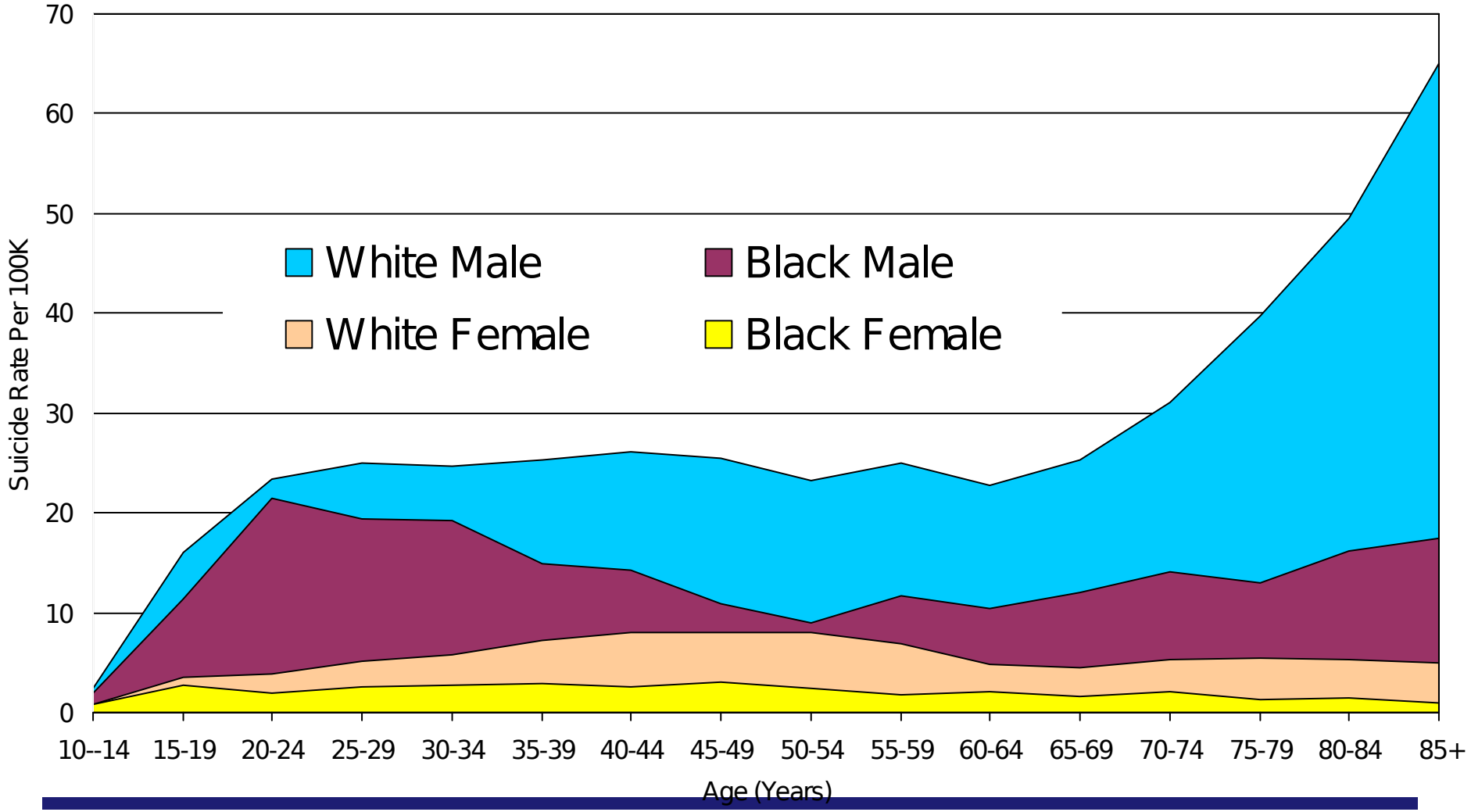
# Civilian Males



# U.S. Suicide Rates by Age, Race, and Gender (1997)






Source: National Center for Health Statistics

# Failure Through Success

- Tilamook County, Oregon became model for community mobilization (county govt, schools, churches, community college, YMCA, business community)
- County's teen pregnancy rate
  - 1990: 23.8 births/1000 females aged 10 – 17
  - 1994: 7.1, lowest in state
  - 1999: 21.0, exceeded state avg of 15.9
- Why success wilted
  - Community involvement, energy, and enthusiasm waned (attention turned to other issues)
  - Loss of key leaders, they moved to other communities or different jobs

# Keeping the Light Burning

- Public Forums (AD/Civ/Scientific)
  - Written word (32)
    - Articles, leadership memos (7)
  - Spoken word (42)
    - Conferences (10), interviews, presentations
- SP Products/Activities
  - Standardize products/procedures
  - Create products people want to use

# Keeping the Light Burning

- **Public Forums**
  - **CSAF-SP and High OPSTEMPO (Jan 02)**
  - **CVA-SPP Briefing at MAJCOM New Squadron Commanders Course (Jan 02)**
  - **CV-Time for SP Briefing (Jul 02)**
  - **CSAF-SP Training in PME, Tech Training, and First Sergeant's Academy (Sep 02)**
  - **CSAF-Post-S Assessment Process (Oct 02)**
  - **CSAF-Tragedy of Suicide (Nov 02)**
  - **CSAF-Investigative Interview Hand-Off Policy (Nov 02)**

# Keeping the Light Burning

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- **Public Forums Cont.**
  - **AF/SG, US Medicine article (Jan 02)**
  - **AF/SG2, Addresses Commanders at AFSPC (Feb 02)**
  - **AF Link, *Air Force Issues New Tools in SP Efforts* (5 Feb 02)**
  - **Lt Col Campise, *AFSPP*, BHOP Meeting (22 Feb 02)**
  - **TIG Brief Magazine, *SP Ways for Military Treatment Facilities To Make Efforts More Effective* (Mar – Apr 02)**
  - **University of Rochester results reviewed at AF CAIB (22 Apr 02)**
  - **Template article *Risk Factors, Myths, & IDS,* to all bases as part of National Suicide Prevention Week 5-11 May (25 Apr 02)**
    - **AF Link, *SP is a Year-Round Task* (29 Apr 02)**
    - **Bolling AFB Beam, *A Year-Round Task* (3 May 02)**
    - **DCMilitary.com, *SP is a Year-Round Task* (6 May 02)**
    - **USAF Aim Points, *National Suicide Awareness Week* (6 May 02)**
    - **Lackland Talespinner, *SP is a Year-Round Task* (10 May 02)**

# Keeping the Light Burning

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- **Public Forums Cont.**
  - **AF/SG, Congressional testimony (8 May 02)**
  - **Lt Col Campise, *AFSPP*, Colorado SP Conf (4 Jun 02)**
  - **Lt Col Campise, consulted with National Park Service (Apr 02)**
  - **AFSPP template article: *Leading Through A Loss,* by Lt Col Ayers (Jun 02) distributed to all bases, MAJCOM New SQ and Group CCs Courses**
    - **AF News, *Leading Through a Loss* (11-14 Jun 02)**
    - **Bolling AFB Beam, *Leading Through a Loss* (21 Jun 02)**
    - **SG Newswire, *Leading Through a Loss* (Jul 02)**
  - **AFMOA/CC's suicide slides, TRICARE Region 3 Conf (Jul 02)**
  - **Lt Col Campise, consulted with Arlington VA (Jul 02)**
  - **AF/CVA Memo, *Time for Suicide Prevention Briefings* (15 Jul 02)**
  - **Citizen Airman Magazine, *Taking Care of Our Own* (Aug 02)**

# Keeping the Light Burning

- **Public Forums Cont.**
  - **Lt Col Campise, *AFSPP*, AF Substance Abuse Conf (20 Aug 02)**
  - **AFMOA/CC, Wing CCs Seminar on AFMS (Sep 02)**
  - **Air Scoop, *Prevention, the First Step in Preventing Suicide* (Fall 02)**
  - **AF Psychologist, *Transformation of AF Behavioral Health* (Sep 02)**
  - **AF Psychologist, *Managing Suicidal Behavior* (Sep 02)**
  - **Lt Col Campise, *AFSPP*, AFRC Conference (16 Sep 02)**
  - **AF/CC Memo, SP in PME and Tech Training (23 Sep 02)**
  - **Lt Col Campise, interview and article, Wichita Falls TX Times Record News, *AF Suicides Down* (7 Oct 02)**
  - **AF/CC Memo, *Post-Suicide Assessment Process* (7 Oct 02)**
  - **USAF AIM POINTS, *AF Suicide Rate Down* (9 Oct 02)**
  - **Lt Col Campise, *AFSPP*, Andrews AFB Social Work Internship Program (11 Oct 02)**

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- **Public Forums Cont.**
  - **Lt Col Campise, AF Times interview (Oct 02)**
  - **Lt Col Campise, *AFSPP*, USUHS (16 & 23 Oct 02)**
  - ***Interim report to the President by President's New Freedom Commission on Mental Health (29 Oct 02)**
  - **Lt Col Campise, LA Times interview (5 Nov 02)**
  - **Template article to all bases, *Everyone Counts* (10 Nov 02)**
  - **Lt Col Campise, *AFSPP*, AMSUS (12 Nov 02)**
  - **Air Force Link, *DoD Sets First Suicide Prevention Week* (13 Nov 02)**
  - **Bolling AFB Beam, *DoD Sets First SP Week Nov 18-22* (15 Nov 02)**
  - **Air Force Times, *Spotting Warning Signs to Help Troubled Airmen* (18 Nov 02)**
  - **USAF Aim Points, *DoD Suicide Prevention Week* (18 Nov 02)**
  - **Lt Col Campise, *AFSPP*, DoD Suicide Prevention Forum (19 Nov 02)**
  - **Lt Col Campise, DefenseLINK News interview (19 Nov 02)**

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# *Keeping the Light Burning*

- **Public Forums Cont.**
  - **DefenseLINK, *Everyone Counts-DoD Aims for Fewer Suicides* (20 Nov 02)**
  - **Template article to all bases, *19 Nov 02 SP Forum* (20 Nov 02)**
  - **AF/CC Memo, *Tragedy of Suicide* (21 Nov 02)**
  - **Lt Col Campise, *AFSPP*, AF Radio (22 Nov 02)**
  - **Navy Newsstand, *Everyone Counts-DoD, Navy Aims for Fewer Suicides* (23 Nov 02)**
  - **AF/CC Memo, *Investigative Interview Hand-Offs* (25 Nov 02)**
  - **DefenseLINK, *DoD SP Awareness Campaign Held* (25 Nov 02)**
  - **Lt Col Campise, Stars and Stripes interview (26 Nov 02)**
  - **Pacific Stars and Stripes, *Services Step up SP* (29 Nov 02)**
  - **Eagle, *AF Suicide Prevention Initiatives on the Way* (Dec 02)**

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# *Keeping the Light Burning*

- **Public Forums Cont.**
  - **Briefed Dr. Tornberg, Deputy Assistant Secretary of Defense for Clinical and Program Policy (3 Dec 02)**
  - ***"Air Force Suicide Prevention Program A Population-Based, Community Approach,"* identified as a Best Practice on the Assistant Secretary for Health and Human Services' WebPages (Dec 02)**

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# *Keeping the Light Burning*

- **Public Forums Cont.**
  - **Weekly CSAF suicide data briefing**
  - **Monthly AF Integrated Delivery System (IDS) AFSPP briefing**
  - **Quarterly AF Community Action Information Board (CAIB) AFSPP briefing**
  - **Quarterly Behavioral Health Sciences Team (BHST) AFSPP briefing**
- **Summary-Keeping the Light Burning**
  - **Public Forums**
  - **SP Products/Activities**

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# Creating New Products

**“ Here he is Edward Bear, coming downstairs now, bump, bump, bump, on the back of his head, behind Christopher Robin. It is, as far as he knows, the only way of coming downstairs, but sometimes he feels that there really is another way, if only he could stop bumping for a moment and think of it…”**

**A. A. Milne**

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# Accomplishments

- Community Suicide Prevention Briefing (Dec 01)
- MAJCOM New SQ/CC's Course AFSPP Briefing (Jan 02)
- Wider Information Dissemination (Jan 02)
- University of Rochester/NIMH/WRAIR Study (Feb 02)
- Template Suicide Prevention Articles (Apr 02)
- Updated SP for PFE Study Guide (Jun 02)
- Suicide Screening & Etoh Interviews (Jul 02)
- Suicide Event Surveillance System 2 (Oct 02)
- DoD Suicide Prevention Week 18-22 Nov 22
  - 19 Nov 02 DoD Suicide Prevention Forum
- AFSPP Website (Dec 02) https://www.afms.mil/afspp/
- Video: Everyone's Willingness to Care (Dec 02)
- AF Guide for Managing Suicidal Behavior (Dec 02)

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# Current Activities

- Revised AFI 44-154 (ECD Jan 03)
- 2003 Community Suicide Prevention Briefing (ECD Mar 03)
- 2003 Leadership Suicide Prevention Briefing (ECD Mar 03)
- ASIST Review (ECD Mar 03)
- Video - Suicide: Supporting Those Left Behind (TBD)
- Managing High Risk Behavior
  - Managing High Risk Behavior Training – Clinical (ECD Oct 03)
  - Community Level Action Support
    - Leaders Guide:  Toolkit for Helping Personnel in Distress (TBD)
    - Helping Others In Stressful Times (HOIST) (TBD)
    - Peer Helpers (TBD)

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# *Current Activities, Cont.*

- **Integrated Delivery System – Consultation Assessment Tool I (IDS-CAT I) (ECD TBD 03)**
- **Integrated Delivery System – Consultation Assessment Tool II (IDS-CAT II) (ECD TBD 04)**
- **Suicide Integrated Task Force (continuous)**

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# Current Activities, Cont.

- **Consultations**
  - **Support the US Surgeon General and the Secretary of Health's development of a nationwide suicide prevention program (TBD)**
  - **Consulted with the National Park Service as they develop a suicide prevention program (Jun 02)**
  - **Consulted with Arlington, VA Veterans Administration Hospital (Jul 02)**
- **DoD Committee Participation**
  - **Suicide Prevention & Risk Reduction Committee (SPARRC)**
    - **DoDD Suicide Prevention Programs in the Military Services**
    - **DoD Suicide Prevention Week 18-22 Nov 02**

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# Current Activities, Cont.

- **Research Partnerships**
  - **Retrospective evaluation of AFSPP effectiveness: University of Rochester Center for the Study of the Prevention of Suicide; $30K, NIMH & WRAIR; Apr 02**
  - **RAPIER (Rochester/Air Force Prospective Intervention Effectiveness Research project): Identify and refine components of AFSPP that are most effective; University of Rochester; $727K, NIMH; Jul 02-Jun 07**
  - **NORTH STAR (New Orientation for Reducing Threats to Health from Secretive-problems That Affect Readiness): Develop method of estimating prevalence of family violence, substance abuse, and suicidality; New York State University-Stonybrook; $1.8M, DoD PRMRP; Jan 03-Dec 05**

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# *Current Activities, Cont.*

- **Research Partnerships Cont.**
  - **Collaborative assessment and management of suicide: Catholic University; formulation stage**
  - **Points of intervention and suicide subtypes: Baylor University; formulation stage**

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# *Suicide ITF*

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# Suicide Integrated Task Force

- Chartered by AF/CV in Feb 02
- Charter
  - Review the types of inquiries made following a suicide
  - Recommend improvements in the process of sharing suicide prevention information throughout the Air Force
- ITF recommendations approved Jun 02
- ITF taskers to be reviewed at each CAIB

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# Suicide Integrated Task Force

- Suicide Prevention (SP) Talker, PPT, Sight Picture (Sep 02)
- SP in PME (Sep 02)
- Post-Suicide Assessment Process (Oct 02)
- AFSPP Website (Dec 02)
- Civilian SP Briefings (completed)
- Clinician Understanding of Local Mission (Jul 03)
- Forwarding Mental Health Records (Jul 03)
- AF/CC Selected Suicide Case Reviews (ongoing)
- Generate AF/CC SP Messages (ongoing)
- Annually
  - Report SP briefing metrics (ongoing, every Apr)
  - Update community SP briefing (ECD Mar 03)
  - Update leadership SP briefing (ECD Mar 03)

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# *Expanded Slides*

- **AFSPP Website**
- **AF Guide for Managing Suicidal Behavior**
- **2003 Community Suicide Prevention Briefing**
- **2003 Leadership Suicide Prevention Briefing**
- **Community Level Action Support (CLAS)**
  - **Leaders Guide: Toolkit for Helping Distressed Personnel**

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# *Air Force Suicide Prevention Program*

## *Website*

## *https://www.afms.mil/afspp/*

# AFSPP | Air Force Suicide Prevention Program

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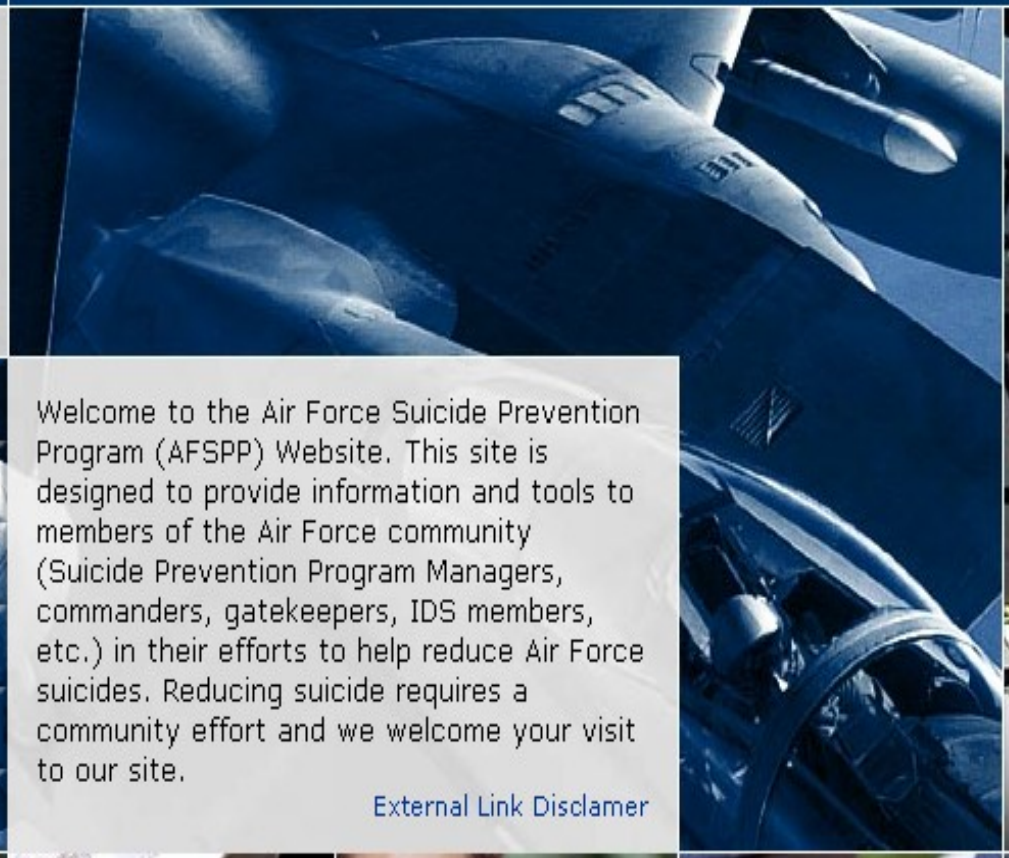

- AFSPP Overview
- Getting Started
- Products
- Policy and Guidance
- Resources
- Press

Welcome to the Air Force Suicide Prevention Program (AFSPP) Website. This site is designed to provide information and tools to members of the Air Force community (Suicide Prevention Program Managers, commanders, gatekeepers, IDS members, etc.) in their efforts to help reduce Air Force suicides. Reducing suicide requires a community effort and we welcome your visit to our site.

External Link Disclamer

- Feedback
- Sitemap
- FAQs

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# *Air Force Guide for Managing Suicidal Behavior: Strategies, Resources, and Tools*

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# Managing High Risk Behavior: Clinical Guide

- Clinical guide for AF mental health providers for the assessment and management of suicidal behavior
  - 18 Recommendations
    - Strategies, tools, and resources for meeting each recommendation
  - 12 Appendixes
    - Templates and examples

# Managing High Risk Behavior: Clinical Guide Recommendations

- Assessment of suicide risk
- A decision-making framework
- Outpatient management strategies
- Documentation strategies
- Coordinating with inpatient care
- Clinic support and peer consultation
- Ensuring continuity of care
- Links with the community

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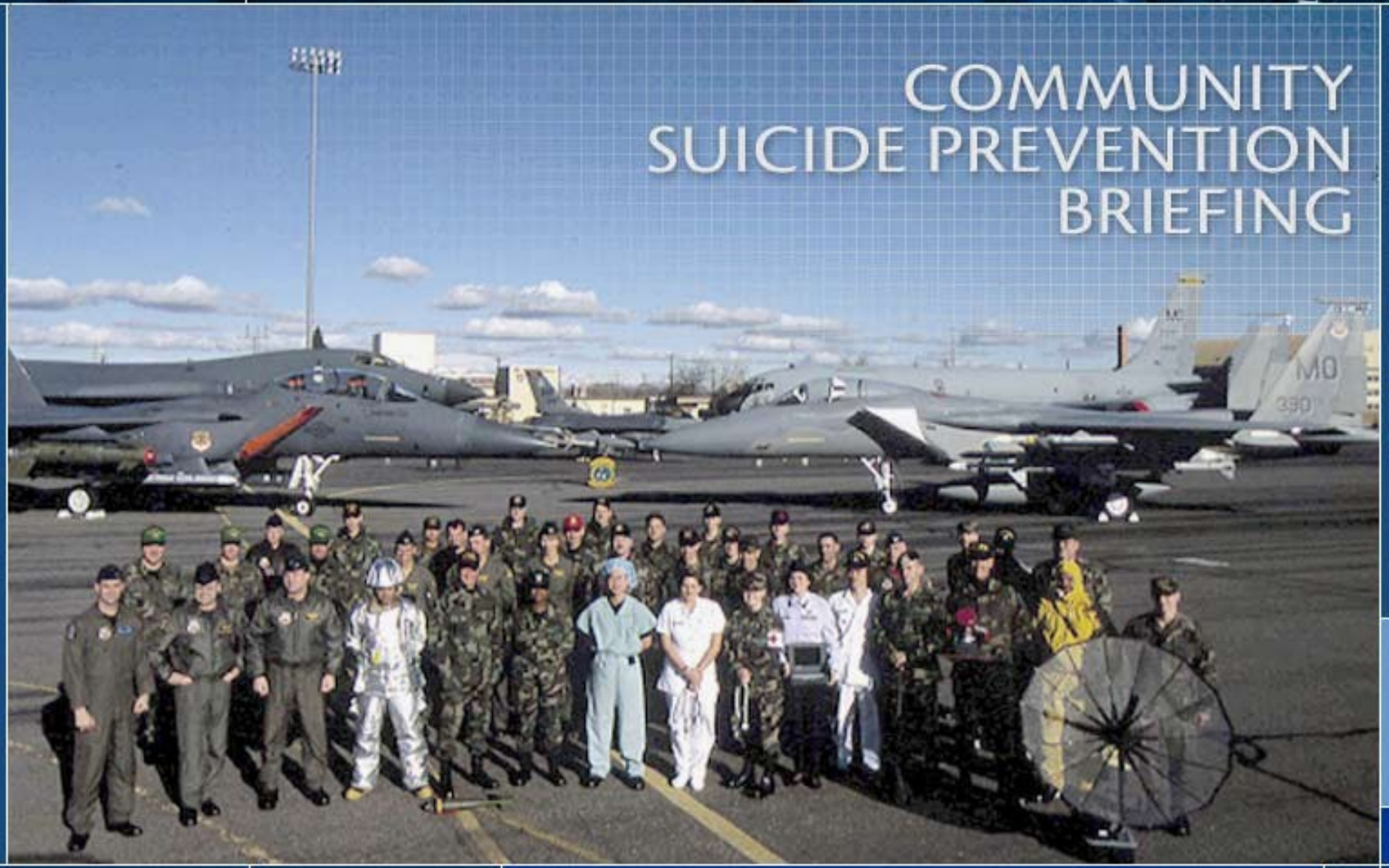
# Managing High Risk Behavior: Clinical Guide Appendixes

- Process of care flow chart
- Template for operating instruction
- Suicide assessment instruments table
- Suicide status form
- Suicide tracking form
- Crisis response plan cards
- Sample risk assessment documentation
- Suggested SF 600 suicide assessment overprint
- Sample MOU with civilian inpt care facilities
- Template client information sheet
- Sample no-show letter
- Access to care handout

# COMMUNITY SUICIDE PREVENTION BRIEFING



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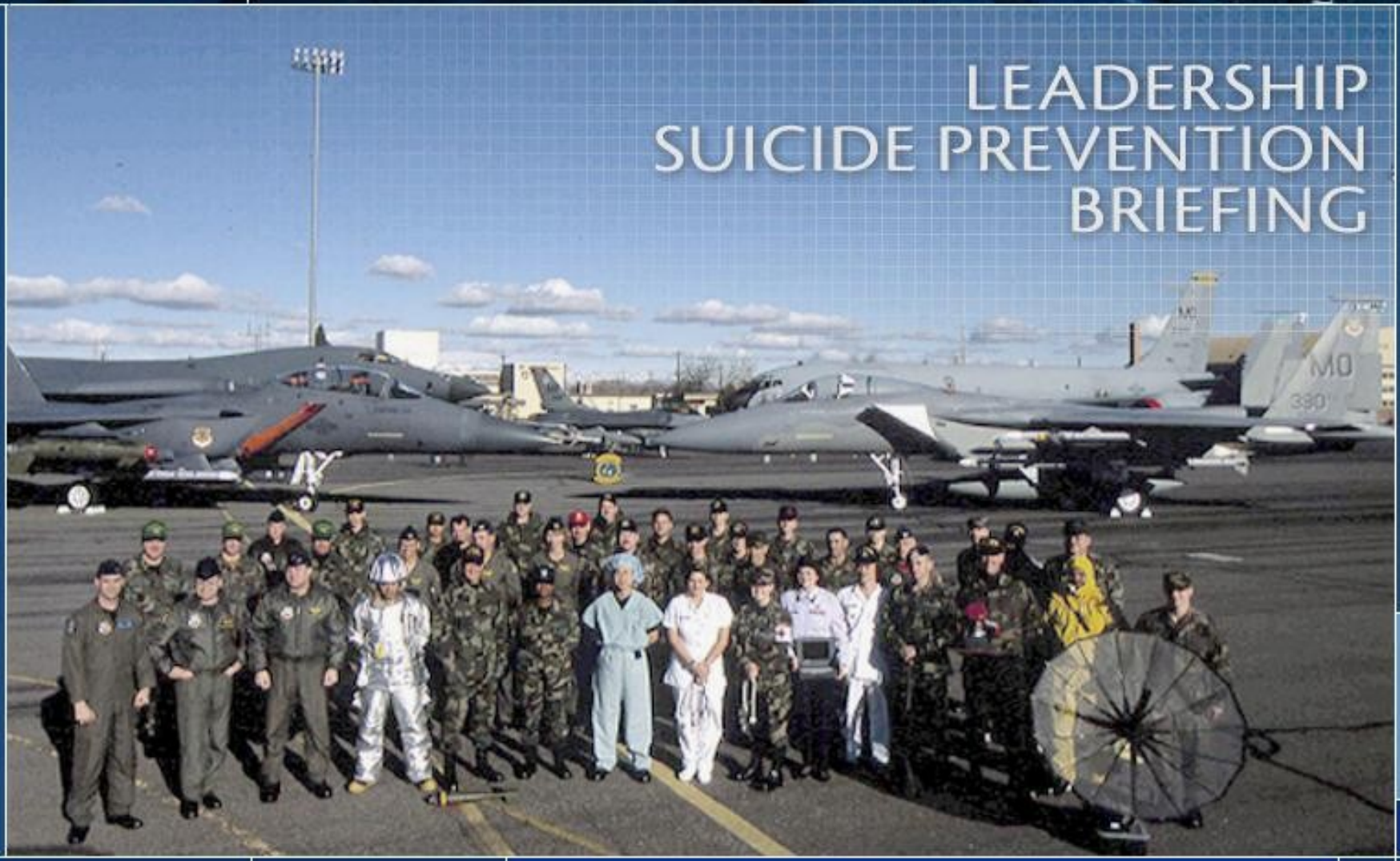
# 2003 Community Suicide Prevention Briefing

- Designed for general audiences
- Theme:  Suicide prevention requires a community effort from each one of us
- 20 Slides
- Starts and ends with video by General Jumper
- Uses sophisticated graphics
- Meets AFI 44-153 requirements for suicide prevention briefing

# LEADERSHIP SUICIDE PREVENTION BRIEFING



# 2003 Leadership Suicide Prevention Briefing

- **Designed for leaders at MAJCOM Wing, Group, and Squadron CC Courses but can be given in any setting to any AF leader**
- **Theme: Suicide prevention is the responsibility of the entire Air Force community. As leaders we are responsible for creating a culture that encourages help seeking and suicide prevention.**
- **21 Slides**
- **Starts and ends with video by General Jumper**
- **Uses sophisticated graphics**

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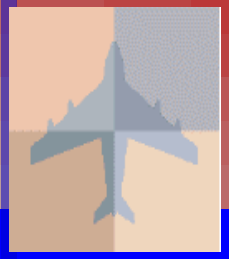
# *Community Level Action Support (CLAS)*

# *Leaders Guide: Toolkit for Helping Distressed Personnel*

## (ECD Jul 03)

# TOOLKIT FOR HELPING DISTRESSED PERSONNEL

# COMMUNITY LEVEL ACTION SUPPORT



## *CLAS*

### LEADERS GUIDE

## PRIORITY INFORMATION ACCESS PANEL

DISTRESS MAP

MAIN MENU

SCENARIO INDEX

SUICIDAL BEHAVIORS

DOMESTIC VIOLENCE

VIOLENT BEHAVIORS

SECTION 1 – USING THE TOOLKIT

# SECTION 2 – DISTRESS MANAGEMENT TOOLKIT


Distress map-*Tool page 1*

Alcohol and drug related problems-*Tool page 3*

Civilian personnel in distress-Tool page 4

Command directed evaluations-*Tool page 5*

Critical Incidents that impact the unit-

*Tool page 6*

Death in the unit/suicide- *Tool page 7*

Deployments-*Tool page 8*

**Depression-***Tool page 9*

**Domestic problems/violence-***Tool page 10*

**Medical boards -***Tool page 11*

**Out of control (agitated) behavior-***Tool page 12*

**Psychiatric hospitalizations-***Tool page 13*

**Reckless/risk taking behavior-***Tool page 14*

**Suicidal behaviors-***Tool page 15*

**Work performance problems-***Tool page 16*

**Work related violence -***Tool page 17*

SECTION 1 – USING THE TOOLKIT

**Specific stressors-***Tool page 18*

- *General scenario of a loss or significant life change*
- *Death of family or friend*
- *Loss or threatened loss of a relationship*
- *Financial pressures or problems*
- *Medical problems*
- *Unit member is assaulted*
- *Legal problem*
- *Automobile accident*
- *Families with special needs*
- *Recent PCS or move*
- *Extended TDY'S*
- *New acquisition*
- *Separation/retirement*